

/ 10. keru ten 1, sukui kubi nage

dan 2

gakka

dan 2

1. the history of shorinji kempo (the process of its revival in post-war Japan)
2. how shorinji kempo was established, and the history of naming shorinji kempo
3. budo and the way it should be
4. the true meaning of hokey
5. the principles used in shorinji kempo
6. the three elements of Ken
7. the sixth sense
8. shin ki ryoku – on the unity of mind, spirit and strength
9. hei jo shin – peaceful unmoved state of mind
10. randori when armed with protectors
11. san tei san po niyu go kei – 3 parts, 3 systems, 25 branches of techniques
12. kisei and kiai

...

essay

1. the purpose of seeking michi (the way) and the value of training
2. your personal view on true strength

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, ko manji ken
2. *so tai* – ryuo ken 1, tenchi ken 2

- 5 goho & 5 juho

random

kumi embu

dan 2

1. tsuki ten 1 – ren hanko
2. tai ten 1 – ren hanko
3. idori gyaku gote or gyakute nage
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko
6. jun geri chi 1 – ren hanko
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme
9. shita uke geri kote nage

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

kihon

dan 2

- *sokui-ho* – neko-ashi
- *tai-gamae* – taiki gamae, gyaku gedan-gamae
- *kogi* – hebi-zuki (snake strike), kaeshi geri, kari-ashi
- *bogi* – hiza-uke, ken-uke

kamoku

dan 2 (goho)

1. uchi oshi uke zuki
2. soto oshi uke zuki
3. shita uke jun geri
4. kaishin zuki
5. gedan gaeshi
6. harai uke dan zuki
7. soto uke dan zuki
8. uchi age dan zuki
9. chio ken 1 (jun, gyaku)
10. tsuki ten 2
11. kon ten 1
12. kakaritsu ken 1 (kinteki, hiza uke nami gaeshi)
13. kakaritsu ken 2 (gyaku geri, hiza uke, nami gaeshi)
14. byakuren ken 1 (tsubame gaeshi)
15. byakuren ken 2 (chidori gaeshi)

dan 2 (juho)

1. ryo muna otoshi
2. hiki muna otoshi
3. idori gyaku gote (oshi yubi gatame or gyakute gatame)
4. idori okuri gote
5. idori oshi gote
6. idori uwa sode dore (uwa sode maki)
7. morote gyaku gote (tate ichiji gatame, sekoshi ichiji gatame, kumo-garami)
8. tsuri otoshi
9. okuri dori
10. tsuri-age dori
11. kote maki gaeshi
12. sode maki gaeshi

13. sode-guchi dori, sode-guchi maki
14. maki juji-gote
15. maki otoshi
16. soto maki-otoshi
17. hiki-otoshi
18. shita-uke geri, kote nage
19. ninin-nuki (two man draw)
20. ude juji, ura gassho gatame

hokei

dan 2

- **nio ken** :
 - [*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri
 - [*kyu 3*] – uwa uke zuki
 - [*kyu 2*] – tenshin geri, uchi uke geri
 - [*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushshin zuki, kushshin geri
 - [*dan 2*] – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri
- **sango ken** :
 - [*kyu 3*] – shita uke geri, shita uke jun geri
 - [*kyu 2*] – yoko tenshin geri, han tenshin geri, juji uke geri
 - [*dan 1*] – harai uke geri
 - [*dan 2*] – gyaku tenshin geri
- **tenno ken** :
 - [*kyu 3*] – tsuki ten 1
 - [*dan 1*] – furi ten 2, keri ten 3, tsuki ten 3
 - [*dan 2*] – tsuki ten 2, kon ten 1, tai ten 1, keri ten 1 (sukui kubi nage), gyaku ten 1
- **byakuren ken** :
 - [*kyu 2*] – tsubame gaeshi, chidori gaeshi
- **kakuritsu ken** :
 - [*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- **chio ken** :
 - [*dan 2*] – jun geri chi 1, gyaku geri chi 1, gyaku geri chi 3
- **kongo ken** :
 - [*kyu 4*] – ude juji gatame
 - [*dan 2*] – okuri tembin dori, tsuri age dori
- **ryuo ken** :
 - [*kyu 4*] – kote nuki, yori nuki (katate & ryote)
 - [*kyu 3*] – maki nuki (katate & ryote)
 - [*kyu 2*] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
 - [*kyu 1*] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
 - [*dan 1*] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)

[*dan 2*] – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)

- **ryuka ken** :
 - [*kyu 4*] – gyaku gote (mae yubi gatame)
 - [*kyu 3*] – okuri gote (katate), okuri maki tembin
 - [*kyu 2*] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
 - [*kyu 1*] – gyaku gote ura gaeshi nage
 - [*dan 1*] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
 - [*dan 2*] – yakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote
- **rakan ken** :
 - [*kyu 1*] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji
 - [*dan 2*] – maki otoshi, soto maki otoshi, hiki muna otoshi, ryo muna otoshi, hiki otoshi
- **goka ken** :
 - [*dan 2*] – uwa uke nage, uwa uke yakute nage, gyaku tembin

kata

ko manji ken (manji no kata)

- **uchi otoshi (right, closed), migi gedan gamae**
 - **ichi, ni, san:** sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
 - **shi, go, roku:** uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
 - **shichi, hachi:** [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
 - **ku:** yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
 - *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*
- ryuo ken 1
- kote nuki tan en: *migi chudan gamae*
 - **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
 - **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
 - **go:** kani ashi (*right*), hidari chudan choku zuki
 - **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari

- ***hachi***: migi hiraki sagari, hidari shita uke, [hidari
ichiji gamae, zanshin]
- ***ku***: mae yose ashi (*right*), [kesshu dachi]